Intrauterine Devices and Pelvic Inflammatory Disease: Dispelling the Myth

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I have no actual or potential conflict of interest in relation to this presentation.
IUDs and PID: Dispelling the Myth

• IUD have been widely available since the 1960s
• Highest satisfaction rates and continuation rates of any contraceptive method
• Contraceptive CHOICE project
• Efficacy greater than 99% with modern IUDs

www.choiceproject.wustl.edu/#Cl
IUDs and PID: Dispelling the Myth

• Legacy of the Dalkon Shield
• Thought to be responsible for 18 deaths and 200,000 infections or other complications
• Perpetuated the myth that women who had multiple sexual partners would be at higher risk of PID
• Particularly applied to young, nulliparous women
IUDs and PID: Dispelling the Myth

- Taylor, 24yo
- “Serial monogamist”
- Travels frequently
- Nulliparous

Is she suitable for an IUD?
IUDs and PID: Dispelling the Myth

• Data from 12 randomised studies of IUDs showed an overall rate of PID of 1.6 cases per 1,000 woman-years of use.

• 2 other retrospective cohort studies showing PID occurred in less than 1 and 2% of patients regardless of IUD type or age.

• PID risk was elevated only for the 20 days following insertion and following that returned to baseline for up to 8 years post insertion.
IUDs and PID: Dispelling the Myth

- 4 studies of women treated for PID acquired with an IUD in situ
- No overall difference in outcome for women who retained the IUD compared to those who had it removed
- Treat as for PID without an IUD and review 24-72 hours later
IUDs and PID: Dispelling the Myth

• Prospective study of women age 18-30 years
• 29% rated pain with insertion as moderate
• 36% rated pain as severe
• Overall satisfaction rate: 83% were happy or very happy
• 12 month continuation rate was 89%
IUDs and PID: Dispelling the Myth

• In 2011 estimated rates of IUD use in Australia was 3.2% compared to 35% in Vietnam and Egypt and 30% in China
• 13.9% of women world wide have an IUD
• Continuing public and professional perception is that IUDs cause an increased risk of complications particularly in young women
IUDs and PID: Dispelling the Myth

• Strong evidence to indicate risk of PID is related to the insertion process
• Overall baseline risk of PID is the same as non IUD users 20 days post insertion
• Concerns around PID should not be a barrier to accessing IUDs which continue to be among the most effective and well tolerated contraceptive methods
References

Contraceptive CHOICE project: www.choiceproject.wustl.edu/#CHOICE
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